



AUG
2016

Berbere-Spiced Salmon

with Summer Vegetable and Orzo Salad

Berbere is an Ethiopian spice blend with garlic, red pepper, cardamom, coriander, and fenugreek. Although it's traditionally found in soups and stews, our chefs had a feeling the warm and smoky flavors would work well with salmon, and we couldn't agree more.



Prep: 10 min
Total: 30 min



level 1



nut
free



dairy
free



make
me first



Salmon



Orzo



Zucchini



Grape
Tomatoes



Shallot



Corn on
the Cob



Parsley



Berbere
Spice

Ingredients		2 People	4 People	*Not Included
Salmon	1)	12 oz	24 oz	
Orzo	2)	3 oz	6 oz	
Zucchini		1	2	
Grape Tomatoes		4 oz	8 oz	
Shallot		1	2	
Corn on the Cob		1 Ear	2 Ears	
Parsley		1/4 oz	1/2 oz	
Berbere Spice		1 t	2 t	
Oil*		1 T	2 T	

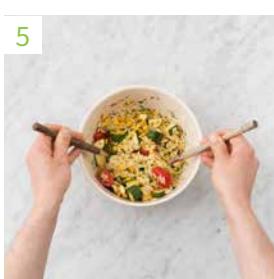
Allergens

1) Fish

2) Wheat

ToolsLarge pot, Large pan,
Large bowl, Strainer

Nutrition per person Calories: 642 cal | Fat: 30 g | Sat. Fat: 4 g | Protein: 46 g | Carbs: 52 g | Sugar: 10 g | Sodium: 32 mg | Fiber: 6 g



1 Prep: **Wash and dry all produce.** Bring a large pot of **salted water** to a boil. Dice the **zucchini** into $\frac{1}{2}$ -inch cubes. Halve, peel, and thinly slice the **shallot**. Cut the **corn kernels** off the cob. Halve the **grape tomatoes**. Pick the **parsley leaves** off the stems and coarsely chop.

2 Cook the vegetables: Heat a large drizzle of **oil** in a large pan over high heat. Add the **corn** and **shallot**. Cook, tossing, for 2-3 minutes. Toss in the **zucchini** and cook 4-6 minutes, until softened and slightly charred. Remove from the pan and set aside in a large bowl.

3 Boil the orzo: Add the **orzo** to the boiling water. Cook 8-10 minutes, until al dente. Drain.

4 Cook the salmon: Meanwhile, heat a drizzle of **oil** in the same pan over medium-high heat. Season the **salmon** on all sides with **berbere**, **salt**, and **pepper**. Cook the salmon 3-5 minutes per side, or until cooked to desired doneness.

5 Toss the salad: Toss the **orzo**, **parsley leaves**, and **tomatoes** into the bowl with the **zucchini** and **corn**. Season with **salt** and **pepper**.

6 Serve: Plate the **summer vegetable and orzo salad** and top with a piece of **berbere-spiced salmon**. Enjoy!

Share your masterpiece on social media! Tag your photos with #HelloFreshPics, and you'll be entered into our weekly photo contest!

